Abdominal examination

May.31.2021

❖ Surface anatomy.

- Quadrants/ Three regions.
- Landmarks (umbilicus, rib cage, symphysis pubis, 12th rib, anterior superior iliac spine, xiphoid process, costovertebral angle).
- Organs (liver, gallbladder, duodenum, kidney, stomach, xiphoid process, abdominal aorta, spleen, colon, appendix, cecum, bladder).

❖ General examination.

- General appearance.
- Vital signs. Weight. Mental status.
- Face and neck
  - Eye: jaundice, anemia, xanthelasma
  - Salivary glands: parotid, submandibular
  - Mouth: teeth, tongue, gum, fetor, ulcer, thrush
  - Lymph nodes
- Chest (gynecomastia)
- Skin (pigmentation, telangiectasia or bruising, anemia, spider naevi, scratch mark).
- Hands (leukonychia, clubbing, erythema, anemia, contracture, hepatic flap, bruising, muscle wasting)

❖ Examination principles.

- Beginning (washing, telling patient, explain, tenderness point, calmness, empty bladder).
- Positioning. Exposure. Enhancement.

❖ The 4 steps.

- Inspection.
  - Skin (scars, striae, dilated veins, rash, ecchymosis).
  - Umbilicus (location, inflammation, bulging).
  - Contour (symmetry, local swelling, distension, cough impulse).
  - Peristalsis (several minutes, thin people).
  - Pulsations.
- Auscultation.
  - Bowel sounds (5-30/min, gurgles).
  - Bruits (aorta, iliac arteries, femoral arteries).
  - Friction rubs (liver, spleen).
- Percussion.
  - Tympany.
  - Dullness (mass, fluid, liver).
- Palpation.
  - Light.
    - Importance (tenderness, superficial mass, muscle rigidity or spasm, point the tender area)
  - Deep.
    - Mass (site, size, shape, consistency, surface, mobility, edges, tenderness, pulsation, percussion note).
    - Peritonitis (guarding, rigidity, rebound tenderness, percussion tenderness).

❖ Abdominal organs.

- Liver.
  - Liver span (midclavicular line, displace breast, identify edges).
  - Palpation (deep breath, edges, tenderness, hooking technique)
- Spleen.
  - Percussion (lateral/down heart, dullness, splenic percussion sign).
  - Palpation.
- Kidneys.
  - Palpation. Costovertebral tenderness.
- Aorta.
  - Two hands. Upper abdomen.

❖ Special techniques.

- Ascites.
  - Shifting dullness.
  - Fluid wave.
- Appendicitis.
  - Point tenderness. McBurney's sign. Guarding, rigidity, rebound tenderness. Rovsing's sign. Psoas sign. Obturator sign. Rectal examination.
- Cholecystitis.
  - Murphy's sign.
- Hernia.
- Rectal